



Upcoming Yantra Yoga & Vajra Dance Australia - October 2014

Date : June 3, 2014



 INTERNATIONAL
DZOGCHEN COMMUNITY
NAMGYAL GAR NORTH

CHÖGYAL NAMKHAI NORBU

Ancient Teachings in a Modern World

SUNSHINE COAST | 20 - 26 OCTOBER 2014

Yantra Yoga with Laura_Evangelisti, Authorized International Instructor

Namgyal Gar North Australia

10 – 19 October 2014

Kumar Kumari Teacher Training

10 – 11 October

A workshop designed for adults who are familiar with the basics of Yantra Yoga and want to learn how to guide children in the practice of Kumar Kumari Yantra Yoga. It is open to instructors and Dzogchen Community Yantra Yoga practitioners who would like to teach this precious and unique yoga publicly to children aged between 5 -12 years old.

Cost: \$140.00 AUD (no concessions)

Advanced Yantra Yoga / Teacher Training First Level

12 – 19 October

A course for those aspiring to be a Yantra Yoga instructor or who would like to deepen their Yantra Yoga practice.

This course is open to those who have some knowledge of the First Level of Yantra Yoga and would like to deepen their knowledge and experience as well as those who would like to become instructors. Whether you have either attended a course or learnt from a DVD, you are invited to deepen your understanding. You are particularly encouraged to attend if you would like to prepare to become Yantra Yoga instructor.

The main focus of Teacher Training will be: 3 x Preliminary groups- Tsigjong, Lungsang (8 Movements), Tsandul; 1st and 2nd series of Yantras in depth; Deepening the Pranayamas of 1st and 2nd series; Vajra wave; Third series; Other series if there is time.

Cost: \$450.00 AUD (no concessions)

Registration and information about Travel & Accommodation:

Viki Forscutt [Tel/ Fax: 0244737668](tel:0244737668)

Yantra Yoga enquiries: Emily Coleing

Vajra Dance Courses with International instructor Adriana Dal Borgo

at Namgyal Gar North

October – November 2014

Vajra Dance Teacher Training 1st Level

28 October – 2 November

Course requirements:

- Transmission from Chögyal Namkhai Norbu
- Current membership with IDC
- For those with the aspiration to become an instructor, it is essential to know both parts, Pamo and Pawo, of the Six Spaces and Three Vajras.
- For those wishing to attend this training course in order to deepen their practices of the Six Spaces and Three Vajras, it is preferable to know both parts, Pawo and Pamo, well.

Cost: \$350. (member discounts not available)

Advanced Vajra Dance of the Song of Vajra

5 – 10 November

Course requirements:

- Transmission from Chögyal Namkhai Norbu
- Current membership with IDC
- To already know the Dance of the Song of the Vajra well, either Pawo or Pamo
- To have attended at least one complete course of the Dance of the Song of Vajra
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Cost: Victorious Members: \$ 150. (AUD); Ordinary Members: \$270. (AUD);

Sustaining & Reduced Members : \$225. (AUD)

Registration : Viki Forscutt

Vajra Dance Enquiries: Cosimo Dimaggio